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INCLUDING A LEADING ROLE IN PETER BERG'S BATTLESHIP PAGE 9

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EDMONTON **metro** ® Tuesday, May 15, 2012

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Teen charged in death of assisted-living worker

Camrose. Resident charged with murder, theft of vehicle as investigation continues

Camrose police charged a

17-year-old with second-degree murder on Monday after a 61-year-old woman was found dead at an assisted-living home Saturday night.

"She had been a long-time worker," said Insp. Lee Foreman. "(And) he was a

resident of the facility."

The teen was apprehended in Vermillion in the woman's stolen car, he added.

The Camrose Community Connections program at the Marler Supported Independent Living home is designed

for four 17- and 18-year-olds referred by the province's child and youth services department. An aid worker is present at all times.

Calls to the organization were not returned Monday.

"It's so they can have individual life skills that can

help when they go out on their own," said Foreman, adding they pay rent and utilities, and buy groceries.

Human Services spokesperson Lisa Shankaruk told Metro it's too early to determine if there will be a provincial investigation,

but NDP critic Rachel Notley thinks there should be a review.

Valerie Wolski, a 41-year-old mental-health worker, was also killed in a client's Camrose home in February 2011.

HEATHER MCINTYRE/METRO



A teenager was charged Monday with murder after a woman who worked at the Marler Supported Independent Living home, located at 6703 Marler Dr. in Camrose, was found dead over the weekend. HEATHER MCINTYRE/METRO

Plane crashes into Himalayas

Fifteen people were killed and six injured after a plane crashed into a mountain while trying to land at an airport in northern Nepal PAGE 5

The skinny on the 'OMG Diet' — FTW or epic fail?

Sleep in, drink coffee and skip breakfast, the fad diet advises. Will it work? PAGE 11



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Traffic safety

Alberta police issue more tickets on Hwy. 63

It was another weekend of police pulling over hundreds of speeders on highways between Edmonton and Fort McMurray.

RCMP and Alberta Sheriffs issued 336 tickets on Highway 63 and other roads between Thursday and Sunday.

Along with speeding, police issued tickets for unsafe passing, rolling through stop signs and not wearing seatbelts.

The weekend before, police issued 663 tickets during a similar safety blitz.

The crackdown comes after seven people were killed April 27 on Highway 63 in a head-on collision.

Hundreds rallied in Fort McMurray last month to demand the twinning of the highway.

THE CANADIAN PRESS

200 firefighters

Wildfires still out of control

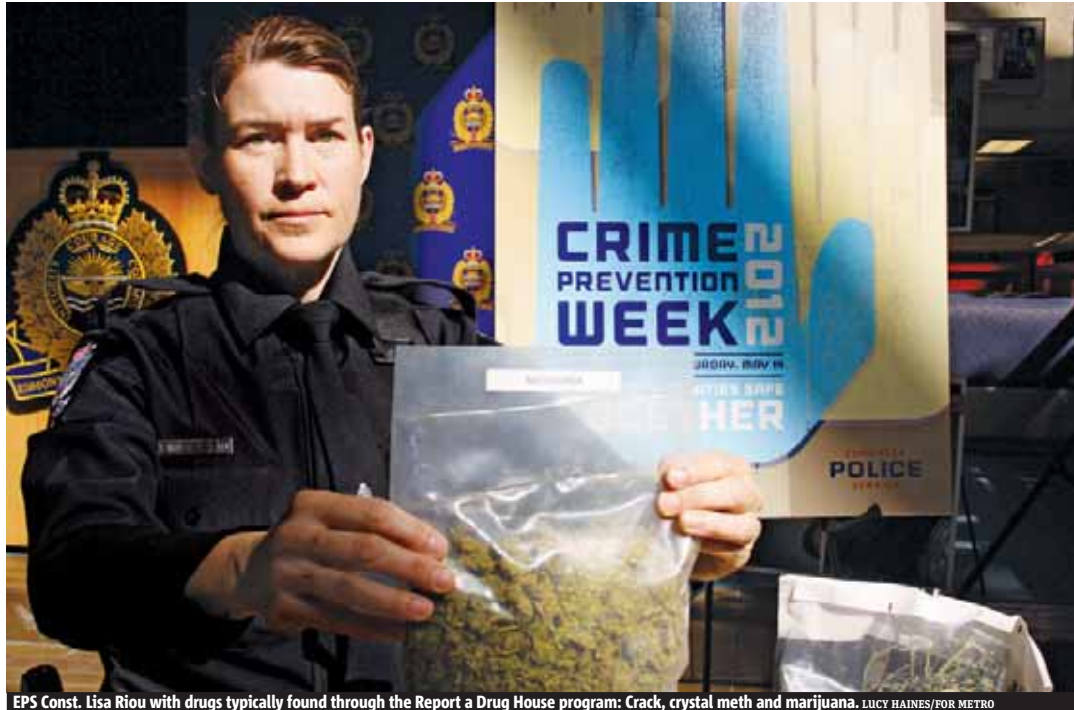
Three wildfires are still burning out of control in northern Alberta near Grassland, Lodgepole and northwest of Bonnyville.

The wildfire near Grassland is 1,000 hectares in size and 50 per cent contained, the Alberta Wildfire Management system stated via their Twitter account.

The Bonnyville fire grew to 650 hectares by Sunday night, while the Lodgepole fire is about 360 hectares.

Close to 200 firefighters are working across Alberta to battle wildfires. About 57 wildfires are currently burning across the province.

So far this year, 2,541.59 hectares of land have been burned by wildfires. **METRO**



EPS Const. Lisa Riou with drugs typically found through the Report a Drug House program: Crack, crystal meth and marijuana. LUCY HAINES/FOR METRO

Weeding out the grow-op problem

Crime prevention.
EPS launch weeklong initiative with look at city pot-growing operations

LUCY HAINES
edmonton@metronews.ca

An anonymous Edmonton resident described living next door to a drug house as life-changing, where car and home break-ins, lack of sleep and fear of stepping outside caused chaos in the neighbourhood.

It's a story the Edmonton Police Services hears time and again and, as a launch

for Crime Prevention Week, it's shining a spotlight on the Report a Drug House program as a way to battle the problem of our city's drug houses and grow-ops.

"We are working to locate them, shut them down and reduce the criminal activity that surrounds them," Const. Lisa Riou, of the EPS Report a Drug House program, said Monday. "The support of the community is imperative."

Riou said the majority of grow-op tips do come from the public, via calls to 780-426-8229 and visits to edmontonpolice.ca. He added it's critical to partner with the community to make it safer for everyone.

"We need people to be vigilant in observing what goes on in their neighbourhoods," she said.

"Marijuana grow-operations pose a threat to community safety across Alberta," added Sgt. Ray Savage of the Alberta law-enforcement response team (ALERT), pointing to a 2009 grow-op fire that damaged five neighbouring houses. "Grow-ops cause fire and health hazards and can lead to violence."

Savage said while people think grow-ops are more of a rural problem, research has shown grow-ops to exist in both low-income and affluent urban areas too.

Busts and seizures

- EPS dismantled 28 marijuana grow-ops in 2011 and more than 20 have been investigated in 2012.
- Recent grow-op seizures have had from 18 to 600 marijuana plants, with a street value of roughly \$1,000 per plant.
- Indicators for possible grow-ops include: covered windows, excess condensation, lights on timers, visitors at odd hours, strange odours and unusual garbage.

1 NEWS

On the web

Bottom line in robotics

From the maker of the Internet kiss machine comes Shiri, a robotic bum. Nobuhiro Takahashi and his colleagues are testing the limits of human-robot relationships with the responsive posterior that twitches and tenses in response to human contact. Watch at metronews.ca

Mobile news



Now that Michael Rafferty is heading to jail and all details of the case can be discussed openly, legal experts are debating whether the publication ban on Terri-Lynne McClintic's guilty plea had the intended effect. Scan the code for the story.

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Tools of the trade paving way to success for students

Skills Canada.

Youth needed in trades and technology encouraged through annual competition

LUCY HAINES

edmonton@metronews.ca

Think it's easy to build a brick wall — perfectly plumb and level? How about colour someone's hair or turn a pile of dirt and gravel into a landscaped yard?

That's what more than 500 students from across the country are doing at the Edmonton Expo Centre during the 18th Skills Canada National Competition.

"We strive to provide a sensory experience and broaden awareness for students. We want them to be well-informed of the level of complexity needed to have a career in these trades," Shaun Thorson, CEO of Skills/Competences Canada, said Monday.

Local Grade 12 student Brad Martin is enjoying his third time at Skills, after winning gold in the provincial culinary competition last week.

Working for hours on

Contests

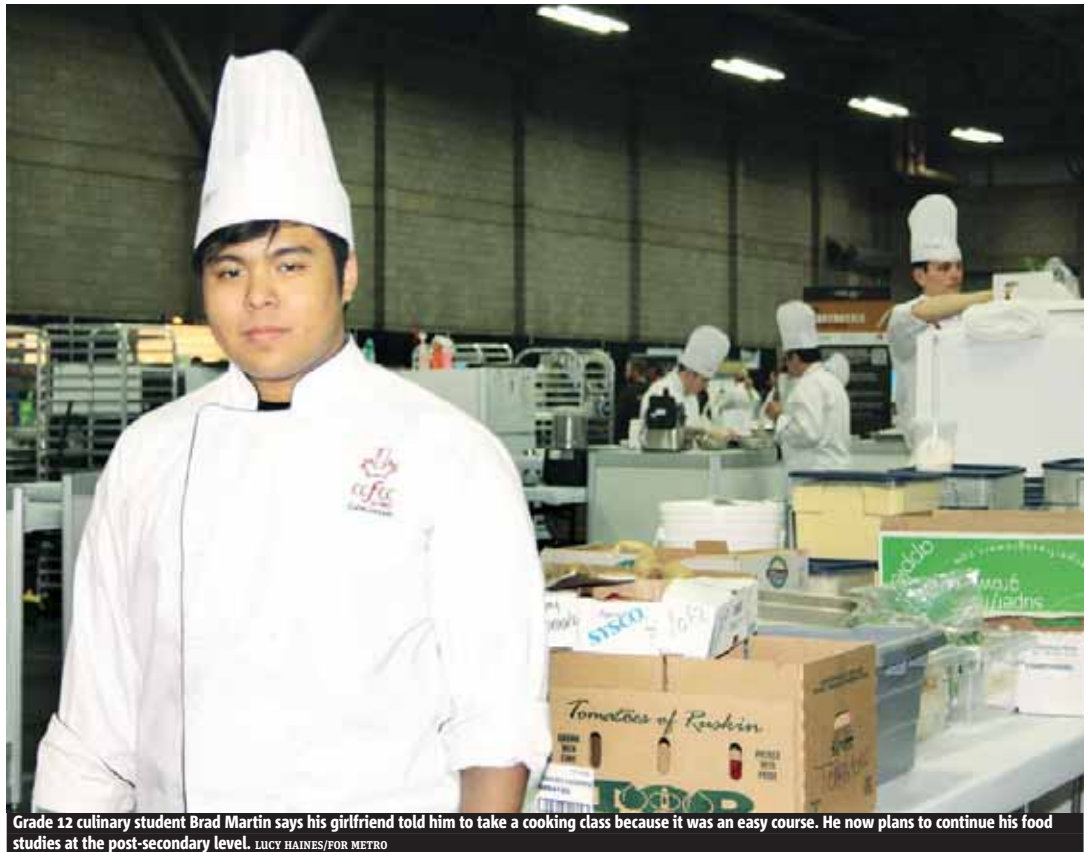
- Over 500 students from all regions of Canada compete in some 40 trade and technology areas, from robotics to welding and computer animation to cooking.
- This year's Olympic-style event will see medallists join Team Canada 2013 and compete at the 42nd WorldSkills Competition in Leipzig, Germany, in 2013.

eggs Benedict Monday, with soup, rouladen and chocolate mousse set for Tuesday, Martin said the event is a great chance to learn from other competitors and to practise real-world skills like time management and organization.

"We know Brad has the talent and he's fearless, willing to learn and open to a challenge," said Tammy Ashford, Martin's foods teacher at Archbishop Oscar Romero High School.

A number of students from both the public and Catholic school districts in Edmonton competed and medalled in varying disciplines of the provincial competition.

National winners will be announced Wednesday.



Grade 12 culinary student Brad Martin says his girlfriend told him to take a cooking class because it was an easy course. He now plans to continue his food studies at the post-secondary level. LUCY HAINES/FOR METRO

Mid-air plane crash leaves many questions unanswered



Crews search for pieces of two planes that collided over Saskatchewan Saturday. METRO FILE

News that two planes collided in mid-air Saturday in Saskatchewan, killing five people, has left a Calgary-area flying expert stunned.

Jade Jewell, general manager of Springbank Air Training College, said the first thought that entered his mind was how random the occurrence was.

"It's a very freak thing to have occurred," said Jewell, who's been with the college for three years.

He said he and his fellow flight instructors can go up

Details

- Police have not identified the victims but an obituary in a Saskatchewan newspaper says Joy and Eric Jackson of Regina were also killed.
- Hildebrand said the

planes were badly damaged in the collision and also when they hit the ground.

- Debris from the planes is scattered over grassy fields and in trees.

in the air as many as 30 times each day.

"It would definitely be interesting to know why be-

cause it's just such an odd occurrence, and maybe, ultimately, there will be no explanation."

An official with the Transportation Safety Board says the bodies of the five people killed in the collision have been recovered.

Peter Hildebrand says the investigation into what happened in the sky over St. Brieux, northeast of Saskatoon, is proving difficult.

Family members have confirmed that three people on board one plane were Denny Loree, Eric Donovan and Donovan's 11-year-old son, Wade — all from Mossleigh, Alta. KATIE TURNER/METRO IN CALGARY

One year later

Ceremony to mark anniversary of Slave Lake fires

Premier Alison Redford and several other dignitaries from the RCMP and the Red Cross will commemorate the one-year anniversary of the Slave Lake wildfires with a ceremony

on Tuesday.

The ceremony at the new multi-plex will be held to thank volunteers and surrounding communities who helped the town after wildfires forced 7,000 people to evacuate and destroyed 40 per cent of the town.

Several other events are being held this month to commemorate the anniversary. METRO

Court

Accused pleads not guilty in 1980s cold case

A man charged in the death and rape of cab driver Gerdina Kruidbos pleaded not guilty in an Edmonton courtroom Monday.

According to reports, Robert James Fletcher, now



Robert James Fletcher CONTRIBUTED

52, said he had consensual sex with Kruidbos on Dec. 3, 1981, but had nothing to do with her death. She was found stabbed multiple times. METRO

Crime

Lethbridge murder victims identified

Two men found dead in a park on Sunday morning have been identified by the Lethbridge Regional Police.

Marty Leon Steele, 35, and Aaron Louis Thacker, 30, both from Lethbridge,

were discovered by a passerby in the park and pronounced dead at the scene.

Both victims suffered from stab wounds, but cause of death has yet to be confirmed.

Lethbridge police believe it was a targeted attack and have determined the two men knew each other.

The investigation is ongoing. METRO



Plane crash survivor Andreas Rasch from Denmark is helped by rescue workers. SANTOSH POKHARAL/THE ASSOCIATED PRESS

15 dead after plane crashes into Himalayas

A plane crashed into a mountain in the Himalayas while trying to land at an airport in northern Nepal on Monday, killing 15 people and injuring six, some critically.

It was carrying two pilots and a flight attendant — all Nepalese — along with 16 Indians and two Danish citizens, both of whom survived, officials said.

Television footage showed the Danes being taken inside a hospital in the nearby city of Pokhara, the man being led on foot and the woman crying in pain as she was carried on a

Quoted

"We were thrown around. The seats were unfastened and we were squeezed between seats and bodies."

Emilie Joergensen, plane crash survivor

stretcher.

The plane was turning to land at Jomsom Airport when it crashed, said Laxmi Raj Sharma, chief government administrator in the area.

It broke into pieces but did not catch fire. Sharma said an initial investigation indicated the Dornier aircraft, which belonged to the local Agni Air company, might have had technical problems.

Rescue was swift because the plane crashed just a few metres from an army camp at Jomsom.

The Danish tabloid Ekstra Bladet said it spoke to the Danish passengers by phone at the hospital and identified them as Emilie Joergensen and Andreas Rasch.

THE ASSOCIATED PRESS

Manitoba

Greyhound killer could be granted temporary leave

Vince Li could soon be granted temporary passes away from a mental hospital four years after he beheaded and cannibalized a fellow passenger on a Greyhound bus.

A psychiatrist who has treated Li said the 44-year-old has responded well to medication.

THE CANADIAN PRESS

Fiery crash. Three killed in B.C. float-plane accident

Three people are confirmed dead in the crash of a float plane that went down as horrified onlookers watched it burst into flames in southern British Columbia.

"Our information is that, tragically, none survived the accident," Transportation Safety Board spokesman Bill Yearwood said Monday.

He confirmed the de Havilland Beaver aircraft went

down just before 7 p.m. Sunday, only minutes after takeoff from Okanagan Lake, near the community of Peachland, 25 kilometres southwest of Kelowna.

The aircraft was heading to its home base of Pitt Meadows, about 40 kilometres east of Vancouver, when it slammed into a steep, wooded hillside along Highway 97C and caught fire. THE CANADIAN PRESS

RCMP acted appropriately during G20, watchdog says

G20. Commission commends Mounties for planning and action during violent protests at summit in Toronto last June

The RCMP acted in a "reasonable and appropriate" fashion during the Toronto G20 summit marred by violence and mass arrests, says the watchdog that keeps an eye on the national police force.

In its long-awaited investigation report, the Commission for Public Complaints Against the RCMP says there were no incidents of unreasonable force by the Mounties.

It also found RCMP planning was thorough, placement of security fencing justifiable and intelligence-gathering done with attention to the rights of demonstrators.

In addition, there was no indication that RCMP undercover operators or event monitors acted out of line or as agents provocateurs, the

commission says in its report released Monday.

G8 leaders gathered in scenic cottage country near Huntsville, Ont., in late June 2010 before joining other politicians for the G20 summit in downtown Toronto.

Municipal police officers were responsible for most of the frontline street duties at the G20, but the RCMP was a key player in summit security planning, co-ordination and protection of foreign visitors.

Though Mounties were involved in three incidents of kettling — or boxing in — protesters, contrary to RCMP policy, they acted reasonably on orders of the Toronto police in charge, according to the commission report.

Still, it recommends better co-ordination between the RCMP and other forces at future events, as well as clear operational guidelines to avoid any confusion.

"While we found that on balance it was well done, we certainly found that there was room for improvement," said Ian McPhail, interim commission chairman.

THE CANADIAN PRESS

Complaints

Alleged human-rights violations

The Canadian Civil Liberties Association said media, human-rights monitors, protesters and passersby were scooped up off the streets during the G20 event.

More than 1,000 people were taken into custody — the largest mass arrest in Canadian history — while only a small number of violent participants did considerable damage to shops and cars in Toronto.

Detained people were not allowed to speak to a lawyer or to their families, the association maintained.

Arbitrary searches took place in numerous Toronto locations, peaceful protesters were violently dispersed and the police disregarded the constitutional rights of thousands, the group claimed. THE CANADIAN PRESS

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Palestinians agree to end hunger strike

Held by Israel. The agreement ends a standoff that left some clinging to life; thousands demonstrated

to improve their conditions and limit detentions without trial.

The two sides announced the agreement resolving a standoff that united Palestinians behind one of their most emotional causes.

The deal ended one of the largest prison protests ever staged by Palestinians.

Two men had refused food for 77 days, the longest ever Palestinian hunger strike,

Quoted

"This deal was a serious mistake, instead of making things tougher for the terrorists they are giving them gifts."

Danny Danon, an Israeli lawmaker from the ruling Likud Party

leaving them in life-threatening condition, according to supporters.

With Palestinians set to hold an annual day of mourning on Tuesday, both sides were eager to wrap up a deal to lower tensions.

The Palestinian people are marking what they call the "nakba," or "catastrophe," the term they use in describing the suffering that resulted from the establishment of Israel, 64 years ago. The deal was signed on Monday.

THE ASSOCIATED PRESS



Palestinian activists inside the Socialist headquarters in Paris on Monday, demand the release of Palestinian prisoners in Israel. CHRISTOPHE ENA/AP

Hundreds of Palestinian prisoners agreed Monday to end a hunger strike after winning concessions from Israel

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Vatican mystery. Police investigate mobster's remains in church crypt

Forensic police swarmed the crypt of a Roman basilica on Monday to exhume the body of a reputed mobster as part of an investigation into one of the Vatican's most enduring mysteries.

Investigators were looking into the 1983 disappearance of the teenage daughter of a Vatican employee.

Medical experts took samples from the remains of Enrico De Pedis and also took boxes of old bones from the nearby ossuary, according to a De Pedis family lawyer, as part of the investigation into whether Emanuela Orlandi may have been buried along-

Sant'Apollinare basilica

Orlandi's brother, Pietro, who was at the scene, said samples from De Pedis' body had been taken for further tests and the tomb re-closed. He said the corpse was in relatively good condition, but there was only one body, a male.

side him.

Orlandi was 15 when she disappeared in 1983 after leaving her family's Vatican City apartment.

THE ASSOCIATED PRESS

Poison plot?

China dismisses Dalai Lama's allegation

China accused the Dalai Lama of being deceitful Monday after he alleged that Chinese agents trained Tibetan women to assassinate him by planting poison in their hair for him to touch during blessings.

THE ASSOCIATED PRESS

Afghanistan

Taliban official mourned

Hundreds of people on Monday mourned the death of a Taliban official who had reconciled with the Afghan government and was working for peace.

A gunman in a car assassinated Arsala Rahmani on Sunday. The killing dealt a blow to the U.S.-backed effort to negotiate a political resolution to the war. It was the second killing of a member of the peace council. Former Afghan President Rabbani was assassinated in 2011.

THE ASSOCIATED PRESS

Newark airport

Staffer arrested

A security supervisor at the Newark, New Jersey, airport has been arrested on a charge he was using the identity of a murdered New York City man.

The man was killed 20 years ago.

Charged is Bimbo Olumuyiwa Oyewole, known to co-workers as Jerry Thomas.

THE ASSOCIATED PRESS

Massacre

Investigators try to ID slain 49

Authorities worked Monday to identify the 49 people found mutilated and scattered in a region near the U.S. border in the Mexican town of San Juan.

The bodies with their heads, hands and feet chopped off were dumped at the entrance to the town, on a highway connecting the industrial city of Monterrey with Reynosa, across from McAllen, Texas.

Though it was unclear who the victims were, it was the fourth massacre in a month. THE ASSOCIATED PRESS

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Canadians confident about job security

Economic climate.

Survey suggests 75 per cent are 'extremely secure' about their jobs, but one in three are dissatisfied with their career progression

A new survey of employees suggests tough economic times are taking a toll on career paths and job satisfaction.

The survey conducted by Harris-Decima Research on behalf of Ceridian Canada suggests there are significantly more workers than last year who believe they will not be getting a pay boost, bonus or promotion in the next year.

And four in 10 say they believe their employer is using the bad economy as an excuse to deny them a promotion or more money.

The level of dissatisfaction was somewhat surprising given that on the question of whether respondents felt secure in their job, 75 per cent said they were "extremely secure" or not concerned about losing their job.

John Cardella, Ceridian's vice-president of human resources, points out that 27 per cent of the respondents who said they were unsatisfied had left their job as a result.

Harris-Decima polled 800 employed Canadians in early March. Eighty-five per cent of the 800 polled say they don't expect a promotion for another year, compared to 39 per cent

Quoted

"That one in three are dissatisfied with their career progression clearly states that employers need to do more if they want to retain their top talent."

John Cardella, Ceridian's vice-president of human resources

in 2011, and 43 per cent say they don't expect a salary increase, compared to 27 per cent 12 months ago. Overall, 31 per cent expressed dissatisfaction with their career progression, eight percentage points higher than a similar survey conducted in 2011. **THE CANADIAN PRESS**



Japan takes a turn for the robotic

Robots make Yaris compact sedans at a Toyota plant in northern Japan in this 2011 file photo. Canon is moving toward fully automating digital camera production in an effort to cut costs — a key change being played out across Japan, a world leader in robotics. It's not simply the stereotype of machines snatching assembly line jobs from workers — if successful, counting on machines could help preserve Japan's technological power, Canon spokesperson Jun Misumi said Monday. **KOJI SASAHARA/THE ASSOCIATED PRESS**

Banking. Guidelines set for mobile payments

Canada's financial institutions say they've developed voluntary guidelines for mobile payments that will work with technology already in place.

The Canadian Bankers Association says the guidelines are designed to work with the same security standards used

by chip-enabled credit and debit cards and using the same hardware employed for non-touch cards. The guidelines were developed by Canada's major banks and credit unions, although analysts say using smartphones as surrogate wallets to pay for purchases is still

a few years off. Telecom analyst Iain Grant of the SeaBoard Group says smartphones first need to be equipped with Near Field Communication, a technology that allows consumers to tap or swipe their phones against terminals to pay for goods. **THE CANADIAN PRESS**

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CATS AND THEIR CURIOUS APPEAL



SHE SAYS...
Jessica Napier
metronews.ca/shesays

I take a lot of flak for being a "cat person." Over the years, cats have been stigmatized as antisocial creatures favoured by spinsters and compulsive hoarders. If dogs are man's best friend,

cats are like a weird creepy aunt you try to avoid at dinner parties.

In actuality, cats are quietly cool creatures. Dogs are needy companions desperate for your affection, whereas cats are a low-maintenance alternative. They won't leap against you when they enter your home or mount your leg in an unwelcome bout of excitement. They're independent and effortlessly playful in a way that doesn't scream, "Look at me! I'm trying so hard!"

Nowhere is the unintentionally comical nature of cats more

evident than online. The Internet LOVES cats. Cat videos are almost as pervasive as pornography, and the comical lolcats meme has a devoted fan following. If you own a computer, there's no doubt you've seen these humorous image macros, which combine photos of felines with misspelled and grammatically incorrect captions.

Saucer of milk, Table 2

In Japan and other Asian countries, these domestic pets have found a new place in public life thanks to the increasingly popular cat cafés. The cafés charge a time-based cover fee for a beverage and a couple of hours' playtime with cuddly calicos and tenacious tabby cats.

Recently, Kate Miltner from the London School of Economics earned international attention for her 98-page dissertation on the popularity of lolcats. Miltner spoke about her work at the Massachusetts Institute of Technology earlier this month during an Internet

culture conference. That's right, a scholarly discussion about funny cat pictures happened inside the walls of MIT.

In Japan and other Asian countries, these domestic pets have found a new place in public life thanks to the increasingly popular cat cafés. The cafés charge a time-based cover fee for a beverage and a couple of hours' playtime with cuddly calicos and tenacious tabby cats.

For many urbanites, full-time pet ownership is out of the question. If you work long hours and live in a highrise with restrictions on animals, spending time with rented felines is a convenient alternative.

The cafés attract men and women of all ages who are eager to hang with cats while enjoying their food and drink purrr-chases. Some establishments even cater to specific tastes, diversifying their offerings by breed, colour and weight.

For allergy sufferers and germaphobes, a café full of prowling cats might seem like a complete nightmare. But if you hasten to roll your eyes and compare visiting a cat café to brunching in the elephant enclosure at the zoo, you're missing the point.

Cities are lonely at times, and cat lovers can find themselves alienated in a culture that tends to favour canines. You have your leash-free dog parks, we can haz our cat cafés.



Kitty coffee shops are all the roar. BRUCE BENNETT/GETTY IMAGES

Hello, this is your pilot sleeping



Aviation safety

Angry pilots tired of proposed law

Pilots say they're literally losing sleep over new job rules. More than 300 airline pilots and cabin crew from across Europe protested Monday outside the European Aviation Safety Agency in Cologne, Germany, over a proposed EU law on working hours that trade unions claim could lead to increased air fatigue. **METRO WORLD NEWS**

Pilots' view



"The proposals are not based on scientific evidence. Twice we have recommended changes and twice they have rejected them."

Philip von Schöppenthau, secretary general of the European Cockpit Association (ECA)
The ECA claims the latest draft law is "insufficient to protect passenger safety and reflects the airlines' commercial demands rather than scientific recommendations."

Agency's view



"No one has a monopoly in science.... These proposals are based on the best practice available."

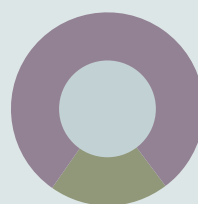
Dominique Fouda, safety information and communications officer at the EASA
Fouda told Metro that discussions on the proposals are "still ongoing" and "two rounds of public consultation, including comments from pilot groups" have been considered for the proposed law.



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Microchipping kids: the best way to keep them safe or helicopter parents spinning out of control?

80%
AGAINST: THAT'S CRAZY SAUCE!



20%
FOR: THE WORLD'S A SCARY PLACE

Twitter

@thecolinium:

It may be too nice out in #yeg to work today. I urge Mayor Mandel to send us all to the park to eat Pop-sicles and play Frisbee

@kenissis:

To the smokers of #yeg I don't know how hard it is to smoke cigs, but is it that hard to toss them in the receptacles? Really? #keepitclean

@danielitiley:

Was 20 min late for work because of some sweet #yeg construction de-

tours but it's ok cuz I brought in a flat of donuts and coffee #Winning

@darrellwinwood:

As much as I'm enjoying the nice weather, I really hope #yeg and all northern Alberta gets a lot of rain in the next week or so! #dry

@yegmagpie:

I think there should be a Magpie Festival where everyone wears tuxes and eats frozen cigarette butts! #wintercitystrategy #yeg #yegcc



Brooklyn Decker isn't just a pretty face — the former Sports Illustrated swimsuit model has been landing plenty of acting gigs. HANDOUT

Brooklyn Decker toughens up for role in Battleship

Action-acting 101. Model-turned-actress had to prove her mettle in front of director Peter Berg

NED
EHRBAR
Metro World News in Hollywood

After making the jump from modelling to film with the Adam Sandler comedy *Just Go With It*, Brooklyn Decker has been getting something of a crash course in moviemaking. And her latest, the big budget alien invasion film *Battleship* — based loosely on the board game — provided some particularly physical lessons.

"I was shooting another movie at the time, and I actually got a set of sides and was told that Peter Berg was directing and I couldn't see a script because it was very secretive at the time," she says, noting that Berg — director of films like *Hancock* and *Friday Night Lights* — was enough.

"At the mention of the name Peter Berg, I wanted to audition for it. And so I sent in a tape from location, and then I went to L.A. and auditioned for it three times after that. And then finally I got to actually read with Pete. And I think he wanted to see how tough I was."

How tough are we talking? Let's just say that, to hear Decker tell it, Berg has a rather unique directing style.

"He's known for having a

way with directing actors," she says.

"I mean, he'll put himself on the line to make sure he gets what he wants from you in a scene. There were times when he would be screaming along with me, there were times when he would fire a machine gun off in the bushes to get a reaction he wanted."

While Decker's character doesn't actually spend any time on the water, director Berg, for his part, doesn't think that makes her any less important to the story.

"*Battleship* has a lot of different elements, and Brooklyn is a huge part of the film that has nothing to do with ships," he says.

"She's on land fighting for her life with a double-amputee. It's this crazy duo. Brooklyn

Action-packed?

Decker just wants good characters

So with an action flick under her belt, is Decker looking for more explosions or heading back to comedies? (She also has the explosion-free *What to Expect When You're Expecting* due out this Friday.) "You know, I just want to

play really good characters and work with really good directors," she says.

"For example, if you look at all the female characters in Pete's movies, they're so dynamic. You never see a woman in his movies play the damsel in distress. He usually makes women really well-rounded, and if I get a chance to continue playing characters like that, I'll be a very, very happy lady."

plays a physical therapist with this wounded warrior from the military, and to me that's a huge part of the film. What's happening on sea is a huge

part of the film, the global reaction's a huge part of the film, Obama's a huge character in the movie — his reaction is a part of it."

2

SCENE

Scene in brief

Premiere

Actor Chris Hemsworth has two things to celebrate. He was at the world premiere of his new movie *Snow White* and the *Huntsman* Monday night, with co-stars Charlize Theron and Kristen Stewart in London. And it's his first red carpet event since becoming a dad. Hemsworth's partner, Elsa Paraky, has given birth to a daughter named India. The Australian actor says he's really happy in his new role as a father — just a little tired. In *Snow White* and the *Huntsman* he plays a less paternal role, as the huntsman who is sent to kill the fairy tale princess (Stewart) by the wicked queen (Theron).

THE ASSOCIATED PRESS

On the web



Fox moves *Glee* to Thursday, turns Tuesday into comedy night

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Hit me baby: Britney joins X Factor

Miley Cyrus' vacant little smirk was in the running. And in theory, Spears makes perfect sense: she's a former high-profile star ready for a comeback, especially one with some disaster insurance. But, even though we've watched her make Starbucks runs in her pajamas, we can't say with certainty that we've ever heard Britney Spears talk.



THE WORD
Dorothy Robinson
scene@metronews.ca

Simon Cowell and L.A. Reid finally have some company at The X Factor judges' table. At their upfront presentation yesterday, Fox confirmed the rumors that Britney Spears and Demi Lovato have signed on to the singing competition's second season. Lovato is a harmless relief, considering

Tyson Beckford bares all

Tyson Beckford doesn't want you to watch his sex tape, but it's not because he's embarrassed about it. After a tape of him performing solo hit the market, the former Polo model took to Twitter: "Don't even faze me. We all do it, just mine got caught on film," he said of the footage, which was intended for the sparkly eyes of a fellow model friend.

Travolta debacle continues

There will be no public trial for at least one of John Travolta's accusers, as both sides have agreed the case should be heard by a private judge behind closed doors in mediation, according to Radar Online. The accuser in question was the second of four to come forward in the past week claiming inappropriate behavior by the Grease star during a massage. "Lawyers for both sides) are working on the ground rules for the evidence and procedure about about how the mediation will proceed," a source says.

Wedding likely for Barrymore

Drew Barrymore hasn't been very vocal about her plans, despite having a fiancé and a growing baby bump, but if a recent shopping excursion is any indication, her wedding to Will Kopelman is on its way, according to Us Weekly. Barrymore recently visited a Manhattan bridal shop — with her future mother-in-law in tow — and was spotted trying on veils. Barrymore is expected to tie the knot next month.

Jessica Simpson's baby is a fashionista thanks to mom

Jessica Simpson is loving being a new mom, though having a baby at home as led to at least one new problem: "I'm addicted to buying headbands with massive flowers for Maxwell on Etsy," Simpson posted on Twitter about her newborn daughter. "She is insanely beautiful, I can't help but play dress-up." Online shopping addictions aside, a source close to the family says Simpson is knocking it out of the park when it comes to parenthood. "Jessica is doing great and is really happy," the source tells Us Weekly.

MAY 15, 2012

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We're inviting people all over the world to help create something historic. Send a message to the future from your life on May 15. Your pictures will be preserved for future generations and shown in a stunning website. A thousand images will be selected for a book and exhibitions touring the world. Everybody is welcome. Read more at aday.org. Let's picture the world. Together.

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Walking is like a miracle vitamin, because doing enough of it is guaranteed to help you drop a clothing size, banish blue moods, help you get more sleep, slash your risk for heart disease and cancer, and spice up your sex life.

Best Health magazine has just come out with a book called the Swap & Drop Diet, and in addition to its ideas about how simple food swaps that can really add up over time to weight loss, we included an all-important section on walking for fitness.

It's not just Dr. Oz who recommends getting 10,000 steps a day: ParticipAction does, too, right here in Canada. And so does our Swap & Drop Diet. The reason for that magic number is that research proves walking at this level will burn enough calories to reduce the risk of obesity and chronic disease.

The easiest way to reach that 10,000 number and beyond is to wear a pedometer. Once you see how many steps your regular day adds up to, begin to gradually increase that number by 300 to 600 steps a day.

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The 'OMG Diet'

Fact vs fiction. Venice Fulton's bestselling e-book promises to get you skinnier. We asked a doctor if the program is healthy enough to trust

ROMINA MCGUINNESS
romina.mcguinness@metro.lu

Summer is fast approaching, leaving you little time to achieve beach-body perfection. But sports scientist and author Venice Fulton warns that a restrictive diet promising rapid weight loss isn't the answer. "People need a diet that will preserve long-term health and the only way we can do that is by making them experts in understanding how food and their life interact," he says.

Combining nutrition, biochemistry, genetics and psychology, Six Weeks to OMG promises you'll shed the pounds. Curious, we asked nutritionist Dr. Carson Liu to weigh in on the plan.



Skip breakfast

Eating a morning meal around 10 a.m., instead of breakfast increases fat burn: "Skipping breakfast allows you to burn off excess body fat as it's the one time in the day your system is running on empty and moving around," Fulton says. Ideally, you should eat three hours after you wake.

What the doctor says: No way! Eating breakfast helps you lose weight and prevents you from binge-eating at dinner.

Drink black coffee

Caffeine promotes weight loss by boosting the central nervous system by stimulating the fight or flight response using adrenaline. This forces fat cells to empty their contents into the blood and these free fatty acids are then transported to your muscles and used as fuel. This only works if you're drinking on the go, warns Fulton.

What the doctor says: Yes! The caffeine in coffee increases metabolic rate and suppresses appetite. As a diuretic, coffee will also cause you to lose water weight.



Focus on satiety

We tend to overeat carbs when we should be having no more than a 40-gram portion with each meal. Size-wise, that's the equivalent to a stack of four iPhones. Protein (any source) should take up half. Just don't restrict yourself. "The minute you restrict something from your diet, the more obsessively you will focus on it," adds Fulton.

What the doctor says: Yes! Cutting a certain food from our diet will only make us crave it.

Fulton's Top 3 diet tips

1 No more cheat days: You can't be strict on yourself at all times, but cheat meals/days mean you risk becoming obsessed with treats and you may overdo it.

2 Hunt and wait. Move around for 15 minutes before eating a meal. This will prime the body to receive the food.

3 Control cellulite: Our skin can be damaged by too much sugar. Improve skin by eating carbohydrates in moderation.

Superfood

Berries fuel brain, new study reveals

A recent study shows that berries help keep your brain sharp. Researchers at Brigham and Women's Hospital in Boston found that older women whose diet included a high intake of flavanoid-rich berries (such as strawberries and blueberries) could delay memory decline by 2.5 years. **METRO WORLD NEWS**

Sleep in

Big sleepers are slimmer and generally healthier than those that survive on little sleep. You must wake up refreshed, claims Fulton. "Deep sleep lets the thyroid reset itself and get to full speed once you wake. When your thyroid is high, your metabolism at full pace."

What the doctor says: Yes! Sleep also helps keep stress hormones down: they are released from the adrenal glands.

Go skinny-dipping

Take a 15-minute cold bath in the morning. "Cold water makes the body panic, shifting your metabolic rate into overdrive as heat production is increased in order to protect the core organs," says Fulton.

What the doctor says: Yes! Exposing the body to cold temperatures does increase metabolic rate.

3 LIFE

New website

Scoliosis Resource Centre

The Hospital for Sick Children – with the help of nurses, physicians, parents and teens – has developed the Scoliosis Resource Centre, a website for people diagnosed with scoliosis, a curvature of the spine that can lead to pain, cosmetic concerns and further health complications.

"The Scoliosis Resource Centre was based on extensive interviews with teens and families to determine exactly what information they needed to make important decisions about scoliosis surgery," said Dr. James Wright, surgeon-in-chief at Sick-Kids.

The site provides accurate and Canadian-based information about: what to expect before, during and after scoliosis spinal fusion surgery, coping with emotions, personal video stories, before-and-after back photos, step-by-step description of the surgery and an animation of the surgical procedure. The information for the site was compiled through the help of physicians, nurses, parents and teens. To learn more about scoliosis surgery, visit www.aboutkidshealth.ca/scoliosis. **METRO**

On the web



Blue Jays starter Brandon Morrow and country singer George Canyon urge diabetic kids to chase dreams

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COMPACT STUDIES



LEARNING CURVE
METRO CUSTOM PUBLISHING

PACK A FULL CREDIT INTO ONE MONTH DURING SUMMER

Summer studies may conjure up images of toiling in a dank library basement while your friends lounge on the beach, but many universities and colleges offer off-season courses that are fun and academically rewarding.

Ada Schmude, associate registrar at the University of Alberta, says that a visiting faculty member will often offer a course not normally available, or students can just focus on one subject.

"Sometimes it can be to catch up, or to get ahead, and also to take advantage of these opportunities during a time when they're not having to focus on their full-time studies," she says.

That chance to dig deep into a subject — literally — appeals to those who take the course on archeological field methods, where students get to learn on an actual site in Alberta.

Other classes take students to the Northwest Territories to learn about design in traditional environments, or to study sustainability via outdoor education in rural Alberta (the ad shows two students paddling a canoe through rapids).

Others take students abroad to learn languages and art first-hand.

Sarah Witol, program manager for professional and international programs at the University of Toronto's Wordsworth College, says the ability to pack a full academic year's credit into a month is a big appeal. International courses take the stress out of travel, as the university does the planning, but offer more than a touristic perspective. Students stay on local campuses and live like a local student from Europe to Kenya.

She says students spend a few hours a day in the classroom four days a week and the rest of the week on field trips.

"In Hong Kong, we have business students who are studying cases in class and then they go out and see some factories," Witol says. "It makes things a lot more real."

It can also be a great opportunity to make global contacts that can flourish in later years. For other students, it's a chance to see if they really want to make a career out of their degree.

"Especially for programs that are hands-on. We have a program in Jordan which is an archeological dig," she says.

If you spend a month combing through desert sands under a blazing sun and leave grinning, it's probably the right career path for you.

Courses range between \$5,000 and \$8,000, all inclusive, and there are many bursaries and grants available via student services.

— Jon Tattrie

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ON THE MOVE

U OF L EDMONTON CAMPUS RELOCATING TO CONCORDIA

For many students, campus life is just as important as the quality of the education they receive at their post-secondary institute.

The University of Lethbridge Edmonton campus understands this desire of students and will be relocating the Edmonton campus to Concordia University College July 1.

"We've operated a campus in Edmonton for almost 20 years, and our students have told us, loud and clear, that while they value our programming and flexibility, they were missing out on a campus environment," says Dr. Andy Hakin, the U of L's vice-president (academic) and provost.

"By listening to our students and



NICK WHITE/PHOTODISC/THINKSTOCK

closely following the direction provided by our strategic and academic plans, the move to Concordia's campus will greatly enhance the U of L student experience in Edmonton."

This move will provide students more of a campus experience, while still remaining close to downtown.

Similar to the arrangement that the U of L Calgary campus has with Bow Valley College, U of L Edmonton will be leasing space on the Concordia campus and providing classrooms and other services for U of L students.

The U of L Edmonton team will also

be moving its downtown office to the leased space at Concordia.

About 500 students attend U of L classes in Edmonton each year, primarily in evenings and on weekends.

The U of L's presence will subsequently not conflict with regular Concordia classes.

The U of L will have the use of several classrooms, video conference facilities and student computer labs.

As well, U of L students will have access to the Concordia library, recreation and fitness facilities, bookstore and cafeteria.

The campus location also offers convenient parking and transit access, something that was lacking at the previous location.

"This move presents a great opportunity for both our institutions to work together to serve our students in new and innovative ways," says Hakin.

The new campus will be located at 7128 Ada Blvd.

For more information about the move, or programs available at U of L Edmonton, visit uleth.ca/edmonton.

— Candice Ward, with files from University of Lethbridge

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LEARN JAPANESE SWORD MAKING AT NAIT

The mystery of Japanese sword making will be revealed this June as master sword maker David Goldberg returns to NAIT.

Goldberg will demonstrate the ancient art form of sword making in a two-day demonstration June 1 and 2.

"We have the extremely rare opportunity to have a Japanese swordsmith come and demonstrate techniques that were once forbidden to be shown outside of a small clique of masters," says Shawn Cunningham, owner of Front Step Forge and head blacksmithing instructor in the NAIT Blacksmithing Program.

"Rarer still is that David makes all the sword fittings handles and scabbards as well."

Goldberg, a former jeweler, produces high-quality collector and martial arts competition swords, as well as custom-designed artworks out of his Gold Mountain Forge shop in Pennsylvania.

"This is a unique opportunity to talk to and observe an English speaking smith who regularly travels to and studies in Japan," says Cunningham.

Goldberg studied aikido self-

LIVE DEMO

Students attending the event should be aware this will be a live demonstration with forges, steel and tools, and will result in sparks travelling towards the audience.

Students are asked to wear cotton clothing and boots to prevent burns.

Some of the finished knives and tools will be available for purchase at the end of the course.

defence, martial arts based on ancient Samurai ju-jitsu, or grappling, and ken-jitsu, or sword work.

Aikido inspired him to learn about Japanese swordsmanship.

Last year, Goldberg brought a tanto sword and put the finishing touches on the \$3,500 sword in front of more than 50 enthusiastic students.

The close-combat sword was forged from pure iron and has a copper collar at its base that steadies the blade in its wooden handle.

The sword's handle was covered in



David Goldberg

NAIT PHOTO

stingray skin, wrapped in hand-woven goat leather with a criss-cross pattern to give it grip, and is decorated with a hand-carved sterling silver fitting.

The blades of both tanto and wakazashi sized swords will be revealed.

"Students have the opportunity to ask questions and see techniques in person, opportunities that just aren't present watching YouTube," says Cunningham.

The blade-forging class came via an idea from Cunningham, who established a blacksmithing course three years ago with NAIT's Continuing Education program.

The event will take place at the NAIT South Campus and costs \$225.

For more information, and to register, call 780-471-6248 or email asknait@nait.ca.

— Candice Ward, with files from NAIT

NORQUEST IS A LEADER IN HEALTH-CARE FIELD

Our aging population has created new job opportunities in the health-care sector that are continuing to grow in number and scope. NorQuest College currently provides leadership in health-care education via its Practical Nurse Diploma and Health Care Aide Certificate programs, both being among the largest of their kind in Canada. The college continues to develop its health-care education expertise through certificate courses like Medical Device Reprocessing Technician (MDRT).

As part of NorQuest's growing range of continuing education offerings, the MDRT course teaches students how to clean, decontaminate and sterilize reusable medical devices. Sterilization and reprocessing practices must follow strict policies and standard operating procedures in or-

der to prevent and control the spread of infection.

"Medical device reprocessing is of critical importance as it is a vital link in providing a safe and high-quality surgical experience for patients," says Trevor Small, director of surgery, Covenant Health.

The course consists of five weeks of in-class theory at NorQuest College and 500 hours of practicum experience at a health facility. After completing the theory and practicum components, learners are prepared to qualify for and write the MDRT certification exam, administered by the Canadian Standards Association.

For more information, contact Michelle Braun at 780-644-6480 or michelle.braun@norquest.ca. For more information on NorQuest College, visit norquest.ca.

Achieve success on your own terms

"The people I met, the instructors who taught me and the atmosphere they created for students confirmed that I was in the right place to complete my education."

Andrea Gibson, BMgt '08
Project Manager, The Met Agency

Andrea Gibson wanted a degree program that fit her lifestyle.

After graduating from college with a business administration diploma, Andrea Gibson (BMgt '08) was interested in expanding her knowledge base and furthering her education.

Andrea was drawn to the small class sizes and program flexibility at the University of Lethbridge Edmonton Campus. With courses delivered in the evenings and on weekends, Andrea was able to gain work experience and go to school at the same time. "I was able to complete my degree and progress in my career faster than if I had gone to school full-time for another two years."

Andrea was surrounded by other students who were also working and going to school. They were able to learn from each other by sharing their experiences and bringing real-life examples from their own jobs to the table.

Andrea graduated with a bachelor of management in 2008 with a specialization in marketing. She is now working as a Project Manager at The Met Agency, an advertising agency based in Edmonton.

For more information about scholarships for Edmonton Campus students and information about programs, call: 780-424-0425

University of Lethbridge

Faculty of Management

www.ulethbridge.ca/edmonton

TIME FOR A TRANSITION

CHECK OUT MH VICARS SCHOOL OF MASSAGE THERAPY

Going back to school as an adult can be daunting, and not just because it means a return to teachers, textbooks and notes.

For mature students, training for a new career also means having to fit school into a schedule that's already packed with work and family responsibilities.

For 10 years, MH Vicars School of Massage Therapy has been helping mature students transition to a more satisfying career without having to give up their current lives. Its independent-learning approach — which blends in-class instruction with directed home study — allows students to balance full-time school with full-time life.

"The old model of being in class Monday to Friday just doesn't work for many adults," explains executive director Roberta Brosseau. "Independent



ISTOCKPHOTO/THINKSTOCK

learning is a flexible and affordable way for our students to begin a new career without putting their life on hold."

MH Vicars School offers a two-year diploma in remedial massage therapy. The school's graduate employment rate is consistently above 95 per cent, and alumni work in places like health centres, spas, and sports medicine clinics. Many open their own massage therapy clinics.

"Massage therapy is a very entrepreneurial career," says Brosseau.

"The therapists who really succeed are those who are passionate, dedicated, and know how to manage their time — all the traits that our type of school helps develop."

PREPARE FOR FIELD OF COMPUTER-AIDED DESIGN

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Take your education into the digital world at Digital School.

Digital School is now offering a part-time, online Computer-Aided Drafter certificate using live instruction via the Internet.

Students of this program will receive the same instruction as the students in the six-month, full-time, in-class program, but over a span of 12 months.

The part-time, online option is ideal for students who require a more flexible schedule or who cannot make regular full-time classes.

Because this is an online program, it is also available to students outside of the Edmonton area.

This program is scheduled to begin July 3.

Digital School offers a number of full-time CAD (computer-aided design) programs as well, which are less than one year in length.

CAD courses include Computer-Aided Drafter certificate, Architectural CAD diploma, and Engineering CAD Technician diploma with Process Piping Specialization.

"Digital School is a private career college that offers students a hands-on accelerated training diploma that prepares them to work in the high demand field of computer aided design right here in Alberta," says Danny Luong, admissions adviser for Digital School.

"If attention to detail is one of your strengths; if you like working with highly skilled professionals in an atmosphere of respect and purpose; if you have a keen eye for the aesthetic and the practical; a career in CAD might be just what you're looking for."

There are four new intakes per year, one every three months.

For more information about the part-time Computer-Aided Drafter program, call 780-414-0200 or email DannyL@digitalschool.ca.

For more information about Digital School, visit digitalschool.ca.

— Candice Ward

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Why wait until all the other institutions have their next enrolment, when you can start working towards a Health Care Aide certificate at the Academy of Learning now.

"Health Care Aide is a great way to find out quickly if you really are meant for a career in the industry, without having to commit to years of schooling first," says Brady Sylvester, admissions adviser with Academy of Learning.

"In five months, you can complete your HCA program and be ready for employment, while



others are still waiting for their next semester to start."

The Health Care Aide program is a 22-week program, with 16 weeks of classroom instruction and six weeks of practical work experience.

This program trains students to a high level of skill in hands-on health care, having them ready for employment in the industry.

"If you have strong senses of empathy, patience, and caring for others; if you have always wanted to work in a supportive atmosphere of professionalism and respect; if you believe in helping others as one of the highest career goals there is, then a career as a Health Care Aide may be for you," says Sylvester.

With a number of intakes per year in the Health Care Aide program, there is no need to worry about wait lists or waiting for the next semester at Academy of Learning.

For more information about the Health Care Aide program at the Academy of Learning, visit academyoflearning.ab.ca.

— Candice Ward

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King's will change you. It will prepare you for life and inspire you to serve.



WAVEBREAK MEDIA/THINKSTOCK

MORE INFORMATION

WHAT: Bachelor of Education After Degree — Elementary and Secondary

WHERE: The King's University College, Edmonton

WHEN: Apply now for fall admission

WHY: Fully accredited, nationally recognized degree from an institution known for excellent professors, personalized instruction and an amazing community

AVERAGE CLASS SIZE: 20

STUDENT-FACULTY RATIO: 10-to-1

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Faculty of Management

A partnership between the Chartered Accountants Education Foundation of Alberta and the University of Lethbridge Faculty Of Management.

LETHBRIDGE GRAD'S DRIVING FORCE

THE AUTOMOTIVE APP HAS EVERYTHING THE CANADIAN CAR LOVER WOULD EVER WANT

University of Lethbridge graduate Nick Thibault has an aptitude for apps.

One year ago, Thibault created the Automotive App to help Canadians with everything related to the automotive world.

"Although I'm a big supporter of public transportation, we still live in a time when public transportation in most Canadian cities isn't capable of being our only mode of transport," says Thibault, president of Tbow

Corp. "Until things change, if they ever do, I'd rather see people driving in up-to-date vehicles that are safer, more fuel-efficient, and more environmentally friendly than in the past."

The Automotive App has everything the car lover would ever want.

This app allows users to find information on new and used vehicles, research vehicles to find out about recalls, safety, historical price, and kilometre information.

Users can also find the nearest auto repair, gas station, and car wash locations.

It even has a test drive feature.

"This feature was so popular it became its own app called Test Drive Assistant," says Thibault.

The app also works for people who are interested in following the automotive market.

Thibault says it also works great for dealerships, as dealers can use the app to help customers compare vehicles and models. The app provides dealerships with useful information, for example with used vehicles — information such as price and kilometre history is available.

Before creating apps for the auto lover, Thibault first received his bachelor of management with a major in general management and minor in social responsibility from the U of L Edmonton campus, although he always dreamed of being a programmer.

"I learned how to program apps in about a week, and with a business background I've been able to handle all other aspects of the business," says Thibault.

To date, Thibault has created three apps: Automotive App; Test Drive Assistant; and Drive or Ride.

For more information about the University of Lethbridge, visit uleth.ca.

— Candice Ward



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On Friday evening, the instructor will work on Damascus steel to show laminating and pattern creation techniques. On Saturday, students will be treated to presentations of clay tempering and the initial grinding that will ultimately reveal the frosted or hamon line at the edge of the blade.

DATE:

June 1 & 2, 2012
Friday, 6:00 to 9:00 pm
Saturday, 9:00 am to 5:00 pm

FEE:

\$225

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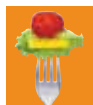
Nick Thibault

UNIVERSITY OF LETHBRIDGE PHOTO

Lunch at Steeps Urban Tea House will suit you to a T(ea)



Heated ham and brie sandwich and samosa. CHRISTOPHER THRALL



LUNCH RUSH
Christopher Thrall
life@metronews.ca

My French press full of hot water and blood-orange Rooibos (\$3.50) in hand, I threaded through Steeps' mismatched

tables and chairs until I reached the deep, comfy armchairs in back and gratefully sank down.

The aroma from the steeping tea was heavenly, and though the first sip burned my mouth, the blend of berry and citrus was worth it.

The smiling server dropped off my heated ham and brie

sandwich (\$5.25) and my pair of samosas (\$4.25).

Both were pre-made and had a soft texture that spoke of poor toaster-oven management, but the ingredients were fresh and the flavours delightful.

I sat and relaxed for a couple of hours, requesting hot water

for my tea as required. I finally broke down and had the last massive slice of warm apple pie with vanilla ice cream (\$4.75) before I ventured back out into the spring sunshine.

Warm, quiet and peaceful — with the occasional poetry slam or live band — Steeps is a haven where you can pause and renew.

Visiting the restaurant

Steeps Urban Tea House

Address. 12411 Stony Plain Rd.

Phone. 780-732-4832

Rating. 4/5

Price range. Low

Business lunch. No

Lunch with co-workers. Yes

Social lunch. Yes

Quick solo lunch. Yes

Licensed. No

Peanut Butter & Honey Power Sticks. Great for breakfast on the run



Looking for a quick breakfast? Here is a no-bake option you can keep to bring with you when you are on the run.

MIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)

Ingredients

- 125 ml (1/2 cup) chunky peanut butter
- 150 ml (2/3 cup) corn flakes
- 75 ml (1/3 cup) instant skim milk powder
- 45 ml (3 tbsp) liquid honey

1. In a large bowl, knead together corn flakes, peanut butter, skim milk powder and honey until well combined. Form into 6 sticks and wrap individually in wax or parchment paper. Store in an airtight container. **THE CANADIAN PRESS/WEIGHT WATCHERS/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONO-**

Advice

When nature calls, don't answer



CHARLES THE BUTLER
askcharliesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Recently I read an article in a publication offering social advice and the question was "Is it correct to excuse your-

self from the dinner table to use the toilet?"

After reading the writer's comments, I was rather incensed at the sarcasm and lack of detail of the article. So I have decided to address this particular question myself.

Firstly, there is a rule about leaving the table: adults should not leave unless it is an unavoidable circumstance.

I think it is important to not just know a rule, but



You should only go to the restroom before, or after, your meal. ISTOCK

also to understand the reason it exists. So here are the

five reasons why one does not leave the dinner table.

1. It is not appropriate to ever leave the table to use the toilet during a meal, unless it is urgent — either go beforehand or hold it in.

2. When you leave the table, technically everyone at the table should stop eating or at least slow down and wait for you to return, thus everyone's food is getting cold and this disrupts the flow of the meal.

3. Although most people wash their hands in the restroom, the thought of a

toilet and food one after the other is just not appealing.

4. A gentleman never leaves a lady alone at the table, if at all possible.

5. In the event that you must leave the table, do not ever leave your dinner napkin on the table.

It should be left on your chair, traditionally the seat, however for hygiene reasons, it is more common to leave it either on the back of the chair or the arm of the chair.

Dealing with your moody teenager

T. MICHELLE MURPHY
Metro New York

Teenage years are often the hardest to get through — not just for adolescents, but for their parents as well.

The transitional years between ages 13 and 19 bring an onslaught of internal and external conflict — ranging from pressure at school to hormonal changes. Young adults might shut down or even act out when they're trying to cope.

Dr. Gregory L. Jantz, founder of The Center for Counseling and Health Resources, recently published When Your Teenager Becomes the

Stranger in Your House. We asked him to tell us more about what teenagers are going through, how parents can detect early warning signs and how to ease this difficult period for the whole family.

It seems like all teenagers are excessively moody. Why is that?

One of the things is the technology issue. We're finding an interesting trend with how young people are consumed with technology, as far as text messaging and screen time.

There reaches a point where the brain is oversaturated and overstimulated, and we end up creating a

Quote

"Let teens have their emotions, and don't rescue them. You're the parent, not the friend. If we're helicopter parents, they're not going to learn to deal with the three (adult) emotions of anger, fear and guilt." Dr. Gregory L. Jantz

depressed brain with over-anxiousness. About 20 per cent of our teenagers (in the U.S.) are clinically depressed. That's different than moodiness.

You talk about girls and boys separately — how are their experiences different? There are gender differences

(as far as) what's going on in the brain. A boy handles depression and moodiness differently than females. Of course, testosterone is an aggression chemical, so boys may be acting out more in a physical sense. Girls who have unresolved depression ... the more the intensity, the more inward they become.

And with girls, we're seeing this at earlier and earlier ages.

How can parents communicate when teens are working so hard to shut them out?

There are three things they need from us: They need to feel accepted, understood and affirmed by us. I think oftentimes we can get very judgmental — and remember, they're hypersensitive to anything critical. (They need) to know they have value. This doesn't mean you agree with everything they say. Too often we want to fix things quickly, but we should be sure that we're listening first.



She's at that moody age. ISTOCK

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'Hmm... That's interesting... I don't recall buying tickets to a hockey game in Montreal.' ISTOCK IMAGES

House hunting

Home-buying pressure won't always result in diamonds



**FUN AND
FRUGAL**
Leslie Scorgie
money@metronews.ca
Twitter @Lesleyscorgie

These days I find myself glued to my inbox waiting with great anticipation for the dingle of my next property-match email. Will it be 'the one'?

I sold my house and officially have 45 days to be out. Given the short timeframe, I feel a lot of pressure to buy. I've visited over 25 listings and still haven't

found the right place. But I'm not going to cave and settle for a so-so property.

I find home hunting similar to selecting a life partner. You gather together your must-have criteria and begin the search. Under pressure, it's tempting to compromise on certain aspects of your criteria, like price or square footage, but that's rarely a good idea. A miscalculated choice can result in too much debt, unhappiness, a mediocre location or poor resale ability.

There are three home-buying criteria that can have a particularly large financial impact.

Location. Location is cited as the most important criteria for determining a home's value. Consider the proximity to downtown, commute times, ac-

cess to transit, schools, grocery stores and bicycle paths. At a street-specific level, avoid high traffic, noisy roads or places that have awkward accessibility. Pick a desirable neighbourhood where homes sell at consistent fair prices and in reasonable timeframes.

House Price. Be realistic. Does your desired square footage, in a hot location, translate into a \$2-million home when you can only afford \$500,000? Overextending your borrowing will result in home poverty: not being able to afford anything but the mortgage payment. Compare prices in your desired location to ensure you don't overpay and put your equity at risk.

Condition. A proper home

A look at the pitfalls of financial infidelity

Spending and lying. It starts with a little fib about a big purchase. Next thing you know, your relationship is in tatters



YOUR MONEY
Alison Griffiths
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griffiths.alison@gmail.com

One of my favourite blues CDs include tunes from the first half of the 20th century. They're sung by big-voiced women and mostly about lyin', cheatin', no-good men. In one song, the singer vows to cut her man "wide and deep" if she catches up to him.

I was playing the CD recently when I realized that while the theme of the songs was infidelity, it wasn't always about another woman, but rather money. "You took my money

Alison's money rule

"Financial infidelity is as damaging to a relationship as an affair."

and you run, run, run/I'm gonna hunt ya down and you'll be done, done done."

Financial infidelity is as old as the other kind. And often, like the other kind, it starts relatively innocently — a small lie about a purchase or a deflection about a debt. At its worst, as television producer Carol Ross Joynt writes about in her 2011 book *Innocent Spouse*, one partner has a completely secret financial life. After her successful and wealthy restaurateur husband died suddenly of pneumonia, she discovered he owed \$3 million to the IRS.

Most financial infidelity doesn't have such monumental consequences but if you are the victim, uncovering unpaid bills or a hidden cache of cash can slice through a relationship as effectively as an affair.

More than 23,000 people responded to recent survey by Today.com and Self.com revealing that 37 per cent of men and 56 per cent of women have lied to their partner about money.

A similar survey conducted in 2009 by Credit Canada Debt Solutions for Credit Education Week Canada indicated that there is considerable lyin' and cheatin' going on between partners about money.

To prevent your relationship from foundering on the rocks

Is ignorance really bliss?

A look at who's spending and telling in relationships:

- **28%.** Check with their spouse on every single purchase
- **6%.** Never tell their spouse what they spend on anything. (April 2012, Today.com/Self.com survey)

of financial infidelity, here are a few basic rules to follow:

1. Each person should have some 'fun money' completely separate from the household accounts.
2. Even after making a stupid purchase, reveal the true price to your partner.
3. If conflict over money is longstanding in your relationship, consider marital counselling to get to the heart of the problem.
4. If you are feeling victimized financially, ask yourself if you are actually enabling the other person.
5. If you are hiding money because you don't trust your partner's financial management skills, try credit counselling through a reputable organization such as Credit Canada Debt Solutions (creditcanada.com.)



Don't settle for a house you only have lukewarm feelings about. ISTOCK IMAGES

inspection can determine if the property is in rough shape. An inspector will look for cracks, mould, dampness, plumbing issues and other costly items that compromise the structural integrity of the property.

Major issues tend to result in unforeseen expenses and can decrease the value of the home, so steer clear. If the aesthetic condition isn't to your liking, determine whether there's room to add value (for limited cost) by renovating the bathroom, kitchen, painting, updating fixtures or replacing flooring.

A house purchase is a huge personal and financial commitment. Don't settle for second-best. Stick to your criteria and find something that's just right for you.

In addition to a great low rate on a 5-year mortgage, you'll also benefit from flexible payment options to help you manage your cash flow.

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4

SPORTS

CFL

"I was always the cornerback. Whether I was a Canadian or wherever I was from, it didn't make any difference, because that's all I've ever been."

The B.C. Lions' Davis Sanchez who announced his retirement from the CFL on Monday. The 37-year-old from Delta, B.C., was drafted by Montreal sixth overall in 1999. He played 155 career games with the Alouettes, Lions, Calgary Stampeders and the Eskimos.

Mobile news



After going 14 of 30 (.467) with two doubles, nine homers and 18 RBIs last week, talk has begun as to the historic heights Texas Rangers slugger Josh Hamilton could reach this season. If he is able to stay on this seemingly-impossible pace all year, Hamilton could have more than 80 homers and 200 RBIs. Scan the code for the story.

Cycling

Canada's Ryder still on top in Italy

Canada's Ryder Hesjedal remains the man to beat at the Giro d'Italia.

The Victoria cyclist was seventh in Monday's stage to hold onto the pink leader's jersey, avoiding a crash on the final turn that took out several of the top contenders.

"Another perfect day by the team," Hesjedal said. "We took control in the approach to the last hills and I was able to benefit from perfect position."

THE ASSOCIATED PRESS

NBA



"This season has to be extended for me to play again."

So that's what's on my mind."

Miami Heat forward Chris Bosh. An MRI on Monday confirmed Bosh strained a lower abdominal muscle in Miami's Game 1 victory. The team said there's no firm timetable for Bosh's return.

NBA

Cavs' Irving takes top-rookie trophy

Cleveland Cavaliers point guard Kyrie Irving, as has been expected for months, will be presented with the rookie of the year award on Tuesday, capping a season that he started as the No. 1 overall pick and finished as the NBA's clear-cut top rookie. THE ASSOCIATED PRESS



Kyrie Irving GETTY IMAGES FILE



Henrik Lundqvist stops a shot by Devils forward Ilya Kovalchuk as Ryan McDonagh chases in the first period in New York on Monday night. JULIO CORTEZ/THE ASSOCIATED PRESS

Rested Devils felled by rolling Rangers

NHL. New York comes alive in third period after ousting Capitals on Saturday night

Rangers rookie Chris Kreider and defenceman Dan Girardi both had a goal and an assist in the third period, and Henrik Lundqvist stopped 21 shots for his fifth career playoff shutout, as weary New York opened the Eastern Conference finals with a 3-0 victory over the well-rested New Jersey Devils on Monday night.

Playing just two days after eliminating Washington in a stirring 2-1 Game 7 victory, the top-seeded Rangers hit their home ice again and won their third straight Game 1 of these playoffs. The Devils had

Game 1	
3	0
Rangers	Devils

been off for five days since they knocked out the Philadelphia Flyers in five games.

Shaking off suggestions they are tired, the Rangers slogged through two scoreless periods and pulled out a win with a dominating third period.

"I think it starts with work habits, how hard we want to work," Lundqvist said. "And then the skill takes over. We have been doing it all year."

The Rangers are in the con-

By the numbers

7

New York won Round 1 and Round 2 in Game 7s against Ottawa and Washington. No team forced to play seven-game series in the first two rounds has gone on to win the Stanley Cup.

ference finals for the first time since 1997, and they haven't reached the Stanley Cup finals since 1994 when they beat 22-year-old goalie Martin Brodeur and the Devils in a classic seven-game series that backed up captain Mark Messier's Game 7 guarantee.

New Jersey is making its first conference finals appearance since 2003, the year they won the cup for the third time.

Girardi, who struggled at

times with his defensive duties, got a perfect setup from Kreider and scored 53 seconds into the third period. Playing in just his 13th NHL game, all in these playoffs, Kreider sent a pass back from the right circle in the Devils' zone to the point. Girardi took long strides as he charged up ice and stepped into a shot that ripped through a screen in front by teammate Derek Stepan. The shot beat Brodeur for Girardi's second goal of the playoffs.

Girardi also earned a secondary assist on Kreider's power-play goal with eight minutes remaining that made it 2-0.

Artem Anisimov, who also assisted on Kreider's goal, scored into an empty net to make it 3-0 with 1:27 left.

THE ASSOCIATED PRESS

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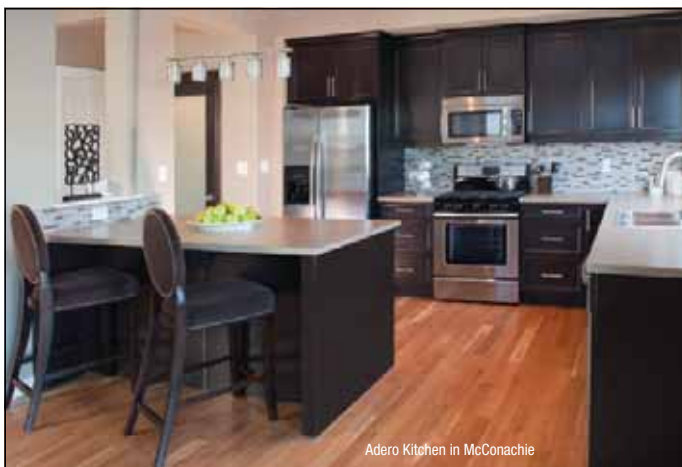
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Adero Kitchen in McConachie

Searching for ways to knock Kings off throne



The Kings celebrate Anze Kopitar's goal as Phoenix's Oliver Ekman-Larsson skates past on Sunday in Glendale, Ariz. ROSS D. FRANKLIN/THE ASSOCIATED PRESS

NHL. Phoenix tries to adjust tactics ahead of Game 2

The Phoenix Coyotes survived stretches of playing on their heels in the playoffs' first two rounds, absorbing everything the opponent threw at them before counterpunching with a winning goal.

Against the Los Angeles Kings, they quickly learned that method won't work.

More skilled and equally tenacious as Phoenix, the Kings hit the Coyotes hard and kept coming in Game 1 of the Western Conference final, rolling to a 4-2 win Sunday night.

With Game 2 Tuesday night

Quoted

"We know how we play and don't worry about the matchups."

Kings centre Jarret Stoll

in the desert, the Coyotes have a short turnaround to figure out a way to stop this Los Angeles juggernaut or it could end up being a short series.

"We know we need to be better," Coyotes forward Boyd Gordon said Monday after practice. "They're a very good team, they work hard, they compete and they battle. If we come out like we did in Game 1, we'll be in big trouble."

The Kings have been doing this all playoffs.

The West's last team to get in, Los Angeles has arguably been the NHL's best team in the playoffs, its combination of grit, skill and superb goaltending overwhelming opponents.

More than the technical adjustments, the Coyotes need a change in attitude, to get back to their grinding ways.

A team without any true stars, Phoenix relies on a lunch-pail approach, getting to the loose pucks first, winning individual battles all over the ice.

The Coyotes didn't do that against Los Angeles in Game 1.

THE ASSOCIATED PRESS

Chief accuser testifies vs. Clemens

Speaking softly, nervously and in detail, Brian McNamee testified about the life-changing moment when, he said, he first injected Roger Clemens with steroids.

The U.S. government's star witness in the Clemens perjury retrial took the stand in Washington on Monday and told the jury that he injected one of baseball's top pitchers with steroids about eight to 10 times when they were with the Toronto Blue Jays in 1998.

"I knew what I was doing was illegal," McNamee said. "I wish to God I could take it back."

Clemens is charged with

Quoted



"I did it because I wanted to help and I wanted to keep my player safe.... I wasn't under the assumption that was the first time he did that."

Brian McNamee, key witness in the Roger Clemens perjury trial.

lying to Congress when he testified in 2008 that he had never used steroids or human growth hormone. The first attempt to try him last July ended in a mistrial when prosecutors showed the jury a snippet of inadmissible videotaped evidence.

McNamee recalled how he met Clemens when McNamee

was the strength and conditioning coach of the Blue Jays in 1998 and how he was asked by Clemens to come to Clemens' apartment in the SkyDome after a game in June.

McNamee said he found steroids, alcohol, needle and gauze laid out in the bathroom. He said he felt "a little uncomfortable"

while preparing the shot because he'd never done anything like it before.

"Roger pulled down his pants, exposing his right buttocks cheek to me," McNamee said. McNamee said he then "plunged the fluid in into his buttocks."

"That," McNamee concluded, "was the first time I injected Roger Clemens."

McNamee's appearance is essentially the be-all and end-all of the trial. The first four weeks were mostly attempts by prosecutors to show that Clemens might have lied about ancillary things.

THE ASSOCIATED PRESS

NBA. 76ers' Turner turns Game 2 into win in Boston

Evan Turner made the go-ahead layup with 40.4 seconds left and Philadelphia held off Boston with six straight free throws as the 76ers evened their second-round series with an 82-81 victory Monday night.

Turner finished with 10 points and added two free throws with 12 seconds to go. Jrue Holiday scored 18 points and Andre Iguodala added 13, seven assists and six rebounds for the Sixers, who blew a 10-point fourth-quarter lead as the Celtics won Game 1.

THE ASSOCIATED PRESS



Kevin Garnett tries to block a shot by 76ers guard Evan Turner in Boston on Monday. ELSA/GETTY IMAGES

MLB. Official fired after Braun PED decision

Major League Baseball management has fired Shyam Das, the arbitrator who overturned Ryan Braun's drug suspension in February.

MLB informed Das and the players' association of its decision last week.

Das decided in February to overturn the 50-game suspension of Braun for a positive drug test. Lawyers for the Milwaukee Brewers outfielder argued that the collection procedures specified in baseball's drug agreement for the urine sample were not followed with Braun's

Quoted

"For 13 years, from the beginning to the end of his tenure, he served the parties with professionalism and distinction."

MLB union head Michael Weiner's reaction to Shyam Das' firing.

sample last Oct. 1 because it was not immediately left at a FedEx office.

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² Discount only applied to order when the ScotiaHockey NHL Visa cardholder's promo code is entered at checkout and a ScotiaHockey NHL Visa card is used. Discount does not apply to Stanley Cup Championship merchandise, taxes, shipping and handling charges, gift wrapping or similar charges. Cannot be combined with any other promotional offer. Some additional conditions and restrictions apply. Visit shop.canada.nhl.com for details.

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Monday & Wednesday.

Crossword

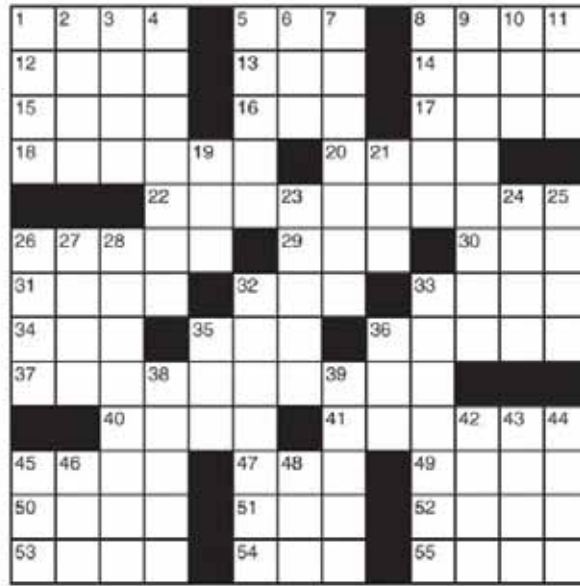
Across

- 1 Fem. counterpart
- 5 Seek damages
- 8 Layer of paint
- 12 List-ending abbr.
- 13 Mess up
- 14 Luau dance
- 15 Zilch
- 16 Compete
- 17 Particular
- 18 Latest news
- 20 Chastity's mom
- 22 1980 Jane Fonda movie
- 26 Collect
- 29 Morning moisture
- 30 Martini ingredient
- 31 Existed
- 32 Spanish literary hero
- 33 Oberlin locale
- 34 Sodom evacuee
- 35 Nosh
- 36 Before
- 37 1984 Goldie Hawn movie
- 40 Metric syllable
- 41 Rough
- 45 Vivacity
- 47 Mainlander's memento
- 49 Disturb
- 50 Poolroom prop
- 51 Moray, for one
- 52 Tittle
- 53 "Planet of the —"

- 54 Firmament
- 55 Portent

Down

- 1 Carte
- 2 Covering
- 3 Hourglass fill
- 4 Wash
- 5 Twilight time, maybe
- 6 Swiss canton
- 7 Put up
- 8 Leader
- 9 Completely
- 10 Pub order
- 11 Highlander's chapeau
- 19 "— the season ..."
- 21 Explanation
- 23 Mrs. Archie Bunker
- 24 Henry —
- 25 Carbon compound
- 26 Piercing tools
- 27 Cat call
- 28 Ruse
- 32 Rooks
- 33 Erie neighbor
- 35 Swelled head
- 36 Venusian vessel
- 38 Crannies
- 39 With aloofness
- 42 Leeway
- 43 Location
- 44 Verve



- 45 Support system?
- 46 Eminem's genre
- 48 "A mouse!"

Yesterday's Crossword



Cryptoquip

How to play

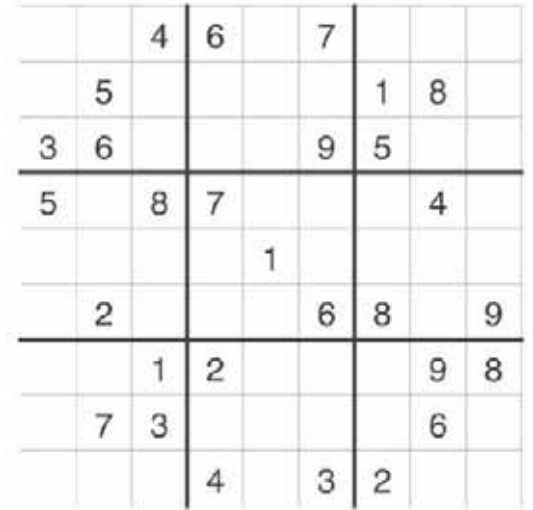
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

NGAOL DJ MWRFLY YLWXXJ
XZBLN XGOVGAP LABLXZTLN.
TLZTXL ZMRLA XGVL RZ
OWXX FGD W NLWXGAP MWA.
Yesterday's Cryptoquip: IF A FEMALE
MONARCH WERE A FAN OF LOW-QUALITY BEDS,
SHE COULD BE CALLED MARY. QUEEN OF COTS.
Today's Cryptoquip Clue: X equals L.



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

7	1	5	8	4	6	2	9	3
2	8	6	7	9	3	1	5	4
4	3	9	1	5	2	7	6	8
3	5	7	6	8	9	4	2	1
1	4	2	3	7	5	6	8	9
9	6	8	2	1	4	5	3	7
5	7	1	9	2	8	3	4	6
8	2	3	4	6	7	9	1	5
6	9	4	5	3	1	8	7	2

Horoscope

- ♈ Aries | March 21 - April 20.**
The planets urge you to push yourself hard and get tasks and chores out of the way as soon as you can.
- ♉ Taurus | April 21 - May 21.**
You could be a bit too free and easy today, both with your time and with your cash.
- ♊ Gemini | May 22 - June 20.**
You are feeling vulnerable at the moment, and although you hide it well there will be those who sense that you are not at your best. Don't let them take advantage.
- ♋ Cancer | June 21 - July 22.** It's quite possible that your imagination will play tricks on you and make you believe that certain things are going

- wrong when, in fact, they are going right.
- ♌ Leo | July 23 - Aug. 22.** You seem to believe that if you don't grab as much as you can right now you will miss out altogether.
- ♍ Virgo | Aug. 23 - Sept. 22.** You may not be able to explain why certain things are happening but there is no reason to get worked up about them.
- ♎ Libra | Sept. 23 - Oct. 22.** Current aspects make you reluctant to take risks, and that's good because you really don't need to.
- ♏ Scorpio | Oct. 23 - Nov. 21.** Where money and business affairs are concerned you must be cautious, because you could easily be tricked

- into thinking that you cannot lose out when, in fact, you could lose everything.
- ♐ Sagittarius | Nov. 22 - Dec. 21.** Don't withhold your affections today just because someone has offended you.
- ♑ Capricorn | Dec. 22 - Jan. 20.** Never forget that it's your mind that creates your world. Make it a world worth living in.
- ♒ Aquarius | Jan. 21 - Feb. 18.** Sometimes it pays to be on your guard.
- ♓ Pisces | Feb. 19 - March 20.** What you think is a problem is not really a problem at all.

SALLY BROMPTON

Weather

TUESDAY	WEDNESDAY	THURSDAY
 MAX: 24° MIN: 11°	 MAX: 19° MIN: 11°	 MAX: 17° MIN: 9°



MICHELE MCDUGALL
WEATHER SPECIALIST
"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." **WEEKDAYS 5:30 AM**



Caption Contest

"Birds without feather, also flock together."

Virender

MATT ROURKE/THE ASSOCIATED PRESS

Win!



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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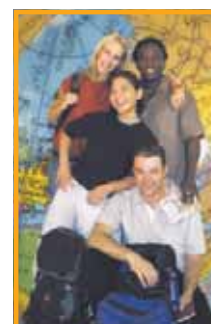


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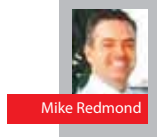
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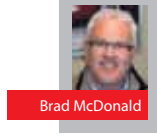
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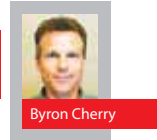
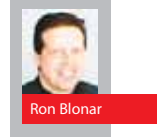
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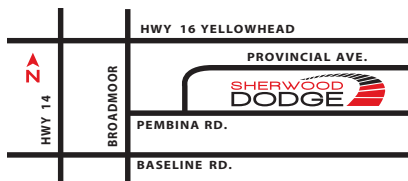
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